

# I PROMISE:

To \_\_\_\_\_ (goal)

To reach this goal by \_\_\_\_\_ (date)

To begin each day thinking of one thing I can do to move closer to my goal.

To be my own biggest fan and best friend, rather than my top critic.

To take control of my choices, attitude and actions.

To remember that I'm on a great adventure with a destination of **MY** choosing.

To celebrate my success and learn from my setbacks.

To reward myself with \_\_\_\_\_ when I reach my goal.

**To do all of the above for this single compelling reason:**



**Most of all, I promise to enjoy the experience and feel proud of myself for taking steps to improve my life.**

\_\_\_\_\_  
Sign Here

\_\_\_\_\_  
Witness